



The Upton Chronicle

A PUBLICATION OF THE UPTON CENTER

2 Farm Street, Upton, MA 01568, 508-529-4558 / 508-529-4559 / www.uptonma.gov

 April 2020 

THE UPTON CENTER STAFF

**Director of Elder &
Social Services**
Janice Read Nowicki

**Social Services
Coordinator**
Jessica Mauro

Department Specialist
Bernadette Denson

COA Assistants
Debbie Hart
Deb Saulen
Karen Varney

Drivers
Jim Earl
John Saulen
Tina Smith

Nutrition Center Mgr.
Al Vautour

COUNCIL ON AGING MEMBERS

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Myra Bigelow

Members
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Judie Pitts
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Linda Sanders
Grace Wadsworth
Margaret Watson

So much has changed in the world since our last issue. As you know, we have had to cancel programming and close the Center to the public as a result of the COVID-19 crisis. I can't tell you how much I miss my folks!! I appreciate those of you who have called to check in and say hi. We have had many people offer to volunteer, thank you! I am in the office if you need access to the food pantry or any other assistance (508-529-4558). I am also checking voicemail so please leave a message if I don't answer. Our Social Services Coordinator, Jessica Mauro, is working from home assisting people with Social Services needs. Bernadette Denson is providing grocery shopping services for folks in need. John Saulen is bringing folks to medical appointments and limited grocery shops.



Al Vautour is still sending out Meals on Wheels with the help of lots of great new volunteers who have stepped up to help out in this time of need. Please contact TriValley at 508-949-6640 to initiate meal delivery.

So although our doors may be closed to the public, we continue to provide services to the great community of Upton! Most of all—we want to be sure that you are taking good care of yourselves, minimizing the risk to yourself and others, and reaching out as help is needed. This issue is dedicated to the many resources to help you do just that. Please just give a shout if we can be of help to you. All ages - we are here for you.

So rest assured, we'll get through this! We look forward to the time when we can all meet up again at the Center. In the meantime, Happy Easter (April 12), Happy Patriots Day (April 20), and stay safe!

Janice



LOCAL STATE OF EMERGENCY

The Upton Board of Selectmen declared a Local State of Emergency effective March 17, 2020 in response to National and State Declarations of Emergency to the Public Health Threat of COVID -19. Town buildings CLOSED to public access include the Upton Town Hall, Library, and Senior Center. This allows the Town to maintain continuity of Government and ensures the Town can meet the needs of the Public. Additionally the BOS have authorized the use of remote participation in accordance with 940 CMR 29.10 for all boards and committees, as authorized by Governor Baker's Executive order March 12, 2020 suspending certain provisions of the Open Meeting Law. Further details can be found on the Upton Town website and the Town cable station (191).

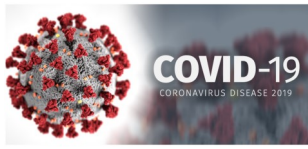
**Slow the spread
of COVID-19,
stay home
if you can.**

#AloneTogether

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INTRODUCING: UPON NEIGHBOR TO NEIGHBOR

The Town is collaborating with community groups and churches to address the financial needs of residents due to COVID-19. Assistance for housing, utilities, heat, food, prescriptions, and medical expenses will be considered. Residents can find more information on the Town website or contact Janice Nowicki at the Upton Center. Please let your friends and family know. We are here to help!



HOW TO PROTECT YOURSELF

Follow these tips from the CDC:

Know How it Spreads

There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19). The BEST WAY to PREVENT illness is to AVOID being exposed to the virus.

Take Steps to Protect Yourself

Wash your hands with soap and water for at least 20 seconds. If soap & water aren't available, use Hand Sanitizer that contains at least 60% alcohol. Avoid touching your eyes, nose and mouth.

Avoid Close Contact with People who are Sick

Put Distance between yourself and other people who are sick. This is especially important for people who are at higher risk of getting sick.

Take steps to protect others

Stay home if you're sick – except to get medical care. Cover coughs and sneezes – with a tissue or the inside of your elbow. Throw used tissues away and wash hands immediately for 20 seconds. If you are sick, wear a facemask when around others. If you are unable to do so, cover coughs and sneezes and have others wear masks around you.

Clean & Disinfect

Clean and disinfect tables, doorknobs, light switches, countertops, handles, phones, keyboards, toilets, faucets and sinks regularly. If surfaces are dirty – clean them first, and disinfect afterwards.



Doctor Appointments & Prescription Pickup

Individuals over 65 have been designated as "higher risk for Coronavirus" by the CDC, so the Upton COA staff encourages you to stay home as much as possible. If you have a non-essential doctor visit that can be postponed, please consider rescheduling to a later date. We do understand that some appointments can not be put off. For those, we encourage you to see if a family member, friend or neighbor who is not in the high risk category is able to help you out with a ride. If that is not an option for you, then please contact us to schedule van service at 508-529-4558.



Limited Shopping Trips

Individuals over 65 have been designated as "higher risk for Coronavirus" by the CDC. Therefore we strongly encourage you to stay at home and avoid public places. Leave the shopping and mail runs to someone else for now if possible! Consider registering for Meals on Wheels by calling 508-949-6640 in order to minimize the amount of shopping needed. Or ask a family member, friend or neighbor who is not in the high risk category to help you out with your shopping needs. You might also consider trying an online shopping delivery service, such as Peapod or Instacart. If none of these options work for you—you can also call the Center at 508-529-4558 for access to our food pantry or for help with your shopping.



Our van continues to offer limited shopping trips and will limit the number of passengers on the van at any given time. Our destination will be Shaw's/CVS/Walmart Loop*, Northbridge on the following dates:

Monday, April 6 at 9:15
Tuesday, April 14 at 9:15

Tuesday, April 21 at 9:15
Monday, April 27 at 9:15

Please register at least 2 days ahead and choose one store for drop off/pick up on the loop. Destinations/times may change due to medical appts.

Please note most stores are not currently allowing the use of reusable shopping bags. We strongly encourage you to wash your hands thoroughly before and after your shopping trip, to disinfect the handle of your shopping cart, and to wipe down the surfaces of your groceries (plastic containers, cardboard surfaces, etc.) once you are home.



Tax Deadlines & Appointments

The federal and Mass. State deadline for income tax filing has been extended from April 15 to July 15 due to COVID-19. AARP tax preparers had to cancel some appointments here at the Center in March. They will be in touch to let us know when they are able to reschedule. We will keep you posted in our newsletter, and will call those whose original appointments were cancelled, in order to reschedule.

Stimulus Checks



The IRS has published information on the stimulus checks. Details can be found at: <https://www.irs.gov/newsroom/economic-impact-payments-what-you-need-to-know>



Tri-Valley Lunch Services

Please call TriValley at 508-949-6640 to inquire about meal delivery service. Once registered, calls should be made by 10 am the day before a meal is served to reserve or cancel a meal. Meals are \$3 (including milk and bread). You can also call to inquire about home delivery of lunch and/or frozen evening dinners.

Mind & Body



We've had to postpone our regular exercise programs, but we encourage you to keep moving on your own! It's a great time to walk, maintaining social distance. Or check out the many free exercise videos available online. Even if don't have a computer, there are some fantastic resources available by phone through *Mather Telephone Topics*. **See our insert for more details!**

Volunteer Appreciation



April is normally the month in which we say a special thanks to our many wonderful volunteers with our Annual Volunteer Appreciation Day. We've had to postpone the celebration for now—but please know that we are thinking of all of you, and we're more thankful now than ever for all of your help! We will keep you posted when we are able to reschedule this important event.



Flu Shots

It's not too late for a flu shot! Call the Town Nurse at 508-529-3110 to schedule an appointment. She'll even meet you in the Town Hall parking lot to administer your shot safely.

Happy Birthday!



Happy Birthday to all our Seniors with April Bdays!! We're sorry that we are not able to host a Birthday Bash this month—but we look forward to celebrating with you just as soon as we get past this crazy time.



Kindness Challenge Winner

Congratulations to **Althea Greene** who was the lucky winner of a \$25 gift card to Walmart for participating in our recent **Kindness Challenge**. We challenged you all to practice compassion and reach out to others in February—and we were overwhelmed by your responses! So many of you shared your acts of kindness on little slips of paper which were left in our suggestion box at the Center. Althea's name was drawn as our lucky winner. Thanks to all who participated!



Podiatrist Appointments

April appointments were cancelled. The next podiatrist appointments at the Center are scheduled for Thursday, June 25 from 9:30—12:00.

Local Food Pantries

Please call for current hours of operation

The Upton Center

2 Farm Street Upton, MA 01568

508-529-4558

Serving Upton Seniors only at this time



Food Source Hotline: 1-800-645-8333

More Local Food Pantries

Please call for current hours of operation

The United Parish

1 Church St, Upton, MA 01568

508-529-3192

St. Gabriel the Archangel

151 Mendon Street, Upton, MA 01568

508-529-1430

Blessing Barn

146 South Main Street Mendon MA 01756

508-482-0010—By appointment only

Peoples Pantry of Douglas

289 Main Street Douglas MA 01516

508-476-3070

Need Photo ID and persons limited to 2x a month

Daily Bread

21 Exchange Street Milford MA 01757

508-478-4225

They also deliver to those who are homebound, **MUST PROVIDE DOCTORS NOTE** for this service.

Be Aware of Scams

Sadly, there are scammers out there looking to take advantage of people in a crisis. Be wary of scams, including:

- Unsolicited phone calls—DO NOT give any personal information over the phone such as: Social Security numbers, banking info., credit card numbers etc.
- Phishing emails requesting information and/or selling information pertaining to the Corona Virus
- Unsolicited texts offering deals, discounts and/or free services due to the Corona Virus
- Charities requesting banking information and/or personal information
- Those offering tests, cures, vaccines and treatment for the Corona Virus



Only get information from trusted sources. Visit <https://www.mass.gov/covid19> for the latest news, case counts, and lab testing results.

Riddles to Get You Thinking!...



- 1) What word has 3 consecutive double letters?
 - 2) What has a head, a tail, is brown, and has no legs?
 - 3) What goes up but never comes down?
- (See answers at end of newsletter)

JESSICA'S SOCIAL SERVICES CORNER

Ongoing Services

Although the Upton Center is currently closed to the public, we are available by phone at 508-529-4558 to provide assistance with:

- Heat
- SHINE/Health Insurance
- Food pantry access
- Transportation for medical appointments and prescription pickups by appointment, with limited transportation to grocery stores (see page 2 of newsletter)
- Emotional support for anyone struggling during these difficult times



SMOC Fuel Assistance



The SMOC Fuel Assistance season is ending April 30th. There is still time to apply. The Fuel Assistance program helps income eligible households pay a portion of their heating costs. If you would like more information regarding eligibility and/or about the program please call the Center at 508-529-4558. More information can also be found on our website: www.uptonma.gov/council-agingupton-center or SMOC's website: <http://www.smoc.org/smoc-fuel-assistance.php>



Take Care of Your Emotional Health

If you need emotional support during these stressful times, reach out to one of the following:

- Call the Upton Center at 508-529-4558
- Call 2-1-1 and choose the "CALL2TALK" option.
- Samaritans is continuing operations 24/7. Call or text their 24/7 helpline any time at 877-870-4673.
- The Disaster Distress Helpline, 1-800-985-5990, is a 24/7, 365-day-a-year, national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster, including disease outbreaks like COVID-19. This toll-free, multilingual, and confidential crisis support service is available to all residents in the United States and its territories.

Easier Access to Prescriptions



Now might be a good time to call your pharmacy to ask about getting your prescriptions via mail order. Your pharmacy may be able to work with you to set this up at no additional cost in order to save you future trips to the pharmacy.



Wish list

Suggested food pantry donations: peanut butter, crackers, multigrain cereals, canned meats, powdered milk, canned vegetables, tissues, paper towels, toilet paper, pull up briefs (medium and large), trash bags, hand soap, body wipes, bottled water. **Please call the Center at 508-529-4558 to arrange a time for drop off.** Thanks for your help!

COMMUNITY CORNER

News from the Town Clerk

The Annual Town Meeting and Annual Town Election are scheduled for May 7 and May 19 respectively. Please note that the Selectmen are looking at the very real possibility of postponing these dates to a later time. Please stay tuned for updates.

Town Census

Have you completed your census form?! Did you know that \$1.5 TRILLION was distributed to state and local governments in 2018 based upon census data? Upton's share depends you filling out the census form so please fill out your census questionnaire! It's a great way to help our Fire Fighters, Police Officers, Senior Center staff and DPW Water & Sewer staff respond to the needs of Upton residents! If you have any questions, contact the Town Clerk's office at 508-529-3565.

Town Trash/Bulk Items During COVID-19

Trash and recycling pick up is still operating on a normal schedule for Upton residents. Currently, Upton trash bags are still a requirement. Bulk stickers can be purchased by mail: UBOH, 1 Main Street, Upton, MA 01568 or online at Upton's website homepage under online payments. All textile recycling (pink bag) will be postponed until further notice. If you need further assistance, call 508-529-6813.

REAL ID Deadline Extension

The deadline for the REAL ID enforcement has been extended to October 1, 2021 due to the COVID-19 pandemic.

Library Services

The Upton Town Library is closed to the public at this time. However, you can call the Library at 508-529-6272 or email mbacktol@cwmar.org to learn about access to audio, virtual or other library services.

Where's the Toilet Paper?!



Congratulations to **Richard Watson** who was our lucky winner for finding our hidden coffee cup last month. This time we've hidden a little roll of toilet paper since everyone seems to be looking for it these days! Can you find it?...If so, call the Center and be entered to win a prize!

Answers to Our Riddles

We hope our riddles on the prior page got you thinking!

Here are the answers:

- 1) Bookkeeper
- 2) A penny
- 3) Your age!





TELEPHONE TOPICS

Looking for something NEW to do as you stay home and socially distance?...Dial up some fresh topics to enlighten your day! With **Mather Telephone Topics**, you simply call a toll-free number to listen to a wide range of interesting discussions and programs. No need to register in advance and all calls are FREE!! You can dial into...

- Wellness programs—Participate in live, guided chair yoga or meditation sessions to stretch your body or mind.
- Education programs—Learn about history, healthy habits, architecture, and more—it's easy to learn something new!
- Discussion topics—Share a piece of your mind when you join a lively discussion on sports, movies, and other topics.
- Music reviews—Listen and learn about opera, early rock 'n' roll, and other musical genres that get your toes tapping.
- Live performances—Enjoy a live vocal performance or master storytelling session in the comfort of your own chair—with no cover charge!



CHOOSE YOUR TOPICS

A schedule has been posted to the Upton Center facebook page and to our website at: <https://www.uptonma.gov/council-aging-upton-center/files/mather-telephone-topics>



There are SO many interesting topics scheduled for April—such as: Meditation, Storytelling, Frankie Valli & the Four Seasons, Shirley Temple, Cycles of the Moon, and so much more!

Typically you need to register (for free) - but right now registration is not required. You simply do the following:

- Check the schedule to find the date and time of a program that interests you.
- At the time listed for the program, use any phone to call: 855-880-1246
- Enter this Meeting ID when prompted: 386 399 7030#
- When asked for your participant ID number, just enter # (no actual number is needed)
- ENJOY!

Tri-Valley, Inc. - April 2020

MONDAY		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dudley 508-949-6640, Franklin 508-520-1422, Milford 508-478-8102, Northbridge 508-234-2002, Oxford 774-289-2600, Southbridge 774-289-9438, Spencer 508-885-5767, Sturbridge 508-347-5063, Sutton 508-234-0703, Upton 508-529-9094, Uxbridge 774-482-6174, West Brookfield 508-867-1411 Tri-Valley receives federal financial support under the Older Americans Act furnished by the Central Mass Agency on Aging and the Executive Office of Elder Affairs.			1 Roast Turkey with Gravy Mashed Sweet Potatoes Roasted Brussels Sprouts Pear Crisp Diet = Pears Italian Bread	2 Pork Rib-i-que Macaroni & Cheese Green Beans Fresh Orange Sandwich Roll	3 Fish Sticks Tartar Sauce Potato Wedges Broccoli & Red Peppers Pumpkin Spice Cake Diet = Half Piece Marble Rye Bread
6 Swedish Meatballs Mashed Potatoes Scandinavian Vegetables Fresh Fruit French Bread	7 Macaroni & Cheese Stewed Tomatoes Green Beans Peaches Italian Bread	8 Chicken Cacciatore Gemelli Pasta Broccoli Brownie Diet = Half Piece Pumpernickel Bread	9 Baked Ham Sour Cream & Chive Mashed Potato Roasted Vegetables Carrot Cake Diet = Cream Puff Marble Rye Bread	10 Fish with Crumb Topping Lemon Seasoned Rice Tuscan Style Vegetables Fruited Ambrosia Whole Wheat Bread	
13 Chicken Pot Pie Mashed Potatoes Corn Niblets Peaches Biscuit	14 Rosemary Balsamic Pork Loin Herbed Stuffing Roasted Brussels Sprouts Lemon Pudding Diet = SF Tapioca Pudding French Bread	15 Spaghetti & Meatballs Green Beans Apple Crisp Diet = Applesauce Italian Bread	16 Stuffed Chicken with Gravy Rice Pilaf Peas Brownie Diet = Half Piece Whole Wheat Bread	17 Sloppy Joe Herbed Potatoes Mixed Vegetables Strawberries Sandwich Roll	
20 Patriots' Day No Meal Served	21 Hot Dog Baked Beans Coleslaw Fresh Fruit Hot Dog Bun Mustard	22 Braised Beef Gemelli Pasta Peas & Carrots Mandarin Oranges Italian Bread	23 American Chop Suey Broccoli & Red Peppers Corn Birthday Cake Diet = Small Piece Italian Bread	24 Ranch Chicken Rice Pilaf Spinach Gingerbread Peaches	
27 Chicken Pesto Lemon Seasoned Rice Roasted Broccoli Snack N' Loaf French Bread	28 Burger with Chili & Cheese Green Beans Red Bliss Potatoes Strawberries Sandwich Roll	29 Potato Crunch Fish Potatoes O'Brien Peas & Onions Cinnamon Streusel Cake Diet = Half Piece Pumpernickel Bread	30 Roast Pork Loin with Gravy Cranberry Herb Stuffing Roasted California Veg. Pear Crisp Diet=Pears Whole Wheat Bread		